

DAFTAR PUSTAKA

- Abdulrahman S. Alangari, Hazzaa M. Al-Hazzaa, FACSM, 2008. *Normal isometric and isokinetic peak torques of hamstring and quadriceps muscles in young adult Saudi males*
- Adams K, O'Shea JP, O'Shea KL, et al, 2000. *The effect of six weeks of squal, isokinetic training on muscle function and athletic performance*. J Strength Cond Res
- Alexander J. Koch. 2003. Effect of Warm-Up on the Standing Broad Jump in Trained and Untrained Men and Women. *Journal of Strength and Conditioning Research*, 2003, 17(4), 710–714 2003 National Strength & Conditioning Association
- Andriyono. 2011. *Professional soccer*. Diakses pada tanggal 3 Januari 2013. <http://andrtux.wordpress.com>
- Anderst, W.J., Eksten, F and Koceja, D.M. 2000. *Effect of Plyometric and Explosive Resistance Training on Lower Body power*. Medicine and science in Sport and Exercise 26, S 31.
- Atmojo, Mulyono B. 2007. *Tes dan Pengukuran Dalam Pendidikan Jasmani/Olahraga*. Surakarta: UPT Penerbitan dan Pencetakan UNS (UNS Press)
- Barfield B 1998. *The biomechanics of kicking in soccer*. Clinic in Sports Medicine. 17(4):711-728
- Bompa Tudor, O. 2006. *Periodization training for sport*. Auckland New Zealand: Human Kinetics.
- Chandra, Sodikin. 2010. *Pendidikan Jasmani Olahraga dan Kesehatan*. Pegadon Kendal: Kementerian Pendidikan Nasional
- Chu, D.A. 1998. *Jumping into plyometrics*. Champaign, Illinois: Human Kinetics. Pub.,
- Chu D, Faigenbaum A, Falkel J. 2006. *Progressive Training For Kids*. Monterey : Helth training Diposkan oleh wen gayo di 21:47. Diakses tanggal 20 Desember 2012 <http://wengayo.blogspot.com/2010/06/analisis-biomekanika-pada-gerakan.html>

- Damiri, 1994. *Latihan leg flexion dan leg extension: Bentuk Latihan Isokinetik, Pengembangan Power tungkai*. Bandung: FPOK, IKIP
- Duwi, Priyatno. 2010. *Paham Analisa Statistik Data dengan SPSS*. Edisi Pertama, Yogyakarta: MediaKom
- Ebben WP, Carrol RM, Simenz CJ. 2004. *Strength and conditioning practice of National Hockey League Strength and conditioning coaches*. J Strength Cond Res
- Faigenbaum A, McFarland J, Keiper F, Tevlin W, Ratamess N, Kang J, and Hoffman J. 2007. *Effects of a short-term plyometric and resistance training program on fitness performance in boys age 12 to 15 years*. Journal of Sports Science and Medicine (2007)6, 519-529
<http://www.jssm.org>
- Faruq, M., Muhyi. 2009. *Meningkatkan Kebugaran Jasmani Melalui Permainan dan Olahraga*. Surabaya: PT. Gramedia Widiasarana Indonesia
- Fitness Testing : *Standing Long Jump Test*. diakses : 28 mei 2013
<http://www.topendsports.com/testing/tests/longjump.htm>
- Futsal, at the, 2007. *Pan American Games. Futsal*. Diakses pada tanggal 5 Februari 2013. <http://en.wikipedia.org/wiki/Futsal>
- Godfrey, Richad. 2006. *Detraining-Why a Change Really is Better Than a Rest*. Diakses tanggal 15 Desember 2012 dari <http://www.pponline.co.uk>
- Guyton Arthur C, Hall, John E. 2007. *Buku Ajar Fisiologi Kedokteran; Alih Bahasa Irawati...[et al.]*: Editor Edisi Bahasa Indonesia, Luqman Yanuar Rachman...[et al.]. Edisi 11, Jakarta : EGC
- Hay, J. 1996. *Biomechanics of Sport Techneques*, Prentice Hall : New Jersey. *Biomechanics of Soccer: The soccer-sytle kick-a slow-motioncemuntary on one of the most common sporting actions in the world*. Diakses tanggal 10 September 2012 <http://www.sportsinjurybulletin.com>
- Isan, Aji S. 2012. *Fisiologi latihan otot, latihan isokinetik*. Diakses pada tanggal 20 Februari 2013 <http://insanajisubekti.wordpress.com>
- Ismaryati, 2008. *Peningkatan Kelincahan Atlet Melalui Penggunaan Metode Kombinasi Latihan Pliometrik Vol 11, No 1 (2008)* diakses pada tanggal 18 Januari 2013 <http://jurnal.fkip.uns.ac.id/>

- Jared M.Porter.2010.*Standing Long-Jump Performance Is Enhanced When Using An External Focus Of Attention*. 1Department of Kinesiology, Southern Illinois University, Carbondale, Illinois; and 2Department of Kinesiology, California State University, Long Beach, California
- Jennifer L.Stieg,Kimberly J.Faulkinbury,Tai T. Tran, Lee E. Brown,Jared W. Coburn and Daniel A.Judelson.2011. *Acute Effects Of Depth Jump Volume On Vertical Jump Performance In Collegiate Women Soccer Players*.Human Performance Laboratory, Center for Sport Performance, Department of Kinesiology, California State University, Fullerton, USA
- Kevin Thomas,2010.*The Effect Of Two Plyometric Training Techniques On Muscular Power And Agility In Youth Soccer Players*.Division of Sport Sciences, Northumbria University, Newcastle-upon-Tyne, United Kingdom; and English Institute of Sport, Gateshead, United Kingdom
- King Jeff. 2010. Diakses 24 Februari 2013. *Plyometric Considerations for Young Athletes*, Part II. Dari <http://articles.elitefts.com>
- Kisner and Colby, 2007. *Therapeutic Exercise : Foundations and Techniques*. edisi ke 5. SBN-10: 0803615841
- Kotzamanidis C. 2006. *Effect of plyometric training on running performance and vertical jumping in prepubertal boys*. J Strength Cond Res; 20 : 441-5
- Kraemer WJ, Ratamess NA. 2004. *Fundamentals of Resistance Training: Progression and Exercise Prescription*. Med Sci Sport Exercise. 36: 674-688
- Kutz, R., Matthew. 2003. *Theoretical and Practical Issues for Plyometric Training*. NSCA's Performance Training Journal, Volume 2:10-12
- Lee Shuei-Pi, Tsai Yeh-Jung,GuGuo-Hong. 2005. *A Comparison of Isokinetic Leg Flexion and Extension Strength in Elite Adolescent Male Track and Field Athletes*. National Taiwan Normal University.
- Lubis, Johansyah. 2005. Di akses tanggal 20 Februari 2013. *Mengenal latihan pliometrik*. Dari [http://google.com/Mengenal Latihan Pliometrik.pdf](http://google.com/Mengenal_Latihan_Pliometrik.pdf)
- Luxbacher, J.A, 2002. *Jump Heading Yang Baik dan Benar: Teknik Permainan Futsal*. Jakarta: PT. Raja Grafindo
- Machfoedz, I. 2007. *Metodologi Penelitian Bidang Kesehatan, Keperawatan dan Kebidanan*. Yogyakarta: Fitranarya

- MacLean, Eric. 2010. *A Theoretical Review of Lower Body Plyometric Training and the Appropriateness for Inclusion in Athletic Conditioning Programs*. School of Exercise, Biomedical, and Health Sciences, Edith Cowen University, Perth, Australia
- Murhananto. 2006. *Dasar-dasar Permainan Futsal Sesuai Dengan Peraturan FIFA*. Penerbit Kawan Pustaka Jakarta: MUR d, 796.3348
- M.Michael Read And Craig Cisar.2001.*The Influence of Varied Rest Interval Lengths on Depth Jump Performance*.Journal of Strength and Conditioning Research, 2001, 15(3), 279–283 2001 National Strength & Conditioning Association.Department of Human Performance, San Jose State University, San Jose, California 95192
- Potash D.H., Chu, D.A. 2008. *Plyometric Training*. In *RW Earle and TR Baechle* (Eds.), *Essentials of Strength Training and Conditioning* (pp.413-456). Champaign,IL: Human Kinetics
- Standing Long Jump.diakses pada tanggal : 28 mei 2013
<http://www.brunel.ac.uk/spstnpl/BiomechanicsAthletics/StandingLongJump.htm>
- Terry J. Housh, Glen and Johnson.2004. *Isokinetic Leg Flexion and Extension Strength of University Football Players*. The Orthopaedic and Sports PhysicalTherapy Sections of the American Physical Therapy Association
- Wen-Lan Wu. 2005.*Biomechanical Analysis Of The Standing Long Jump*. Department of Industrial Management, Hsiuping Institute of Technology, Taichung institute of Biomedical Engineering, National Cheng Kung University, Tainan "Department of Orthopedic Surgery, Kaohsiung Medical University, Kaohsiung, Taiwan